

C 6.7

Develop basic knowledge of first aid to treat minor injuries

Objectives:

Explain how to treat minor injuries.

Keywords:

Cuts, bruises, nose bleeding, sprain.

Literacy: Learn and express treatment of minor injuries through role play and slam.

FIRST AID & SAFETY

Title: 'First Aid for little hurts'

G8

Learning Outcomes:

- Recall the first aid key words.
- Identify some minor injuries in physical activity, sports and games.
- Provide the appropriate first aid treatment for each minor injury.
- Explain the causes of minor injuries in physical activity, sports and games.

Activity



Act 1: The 'Glove Challenge'

- Wearing a glove: Take gloves by the cuff and avoid touching the outer part.
- Take off gloves: Take gloves off safely without touching the outer part and put into safe trash box.

Act 2: Role Play of minor injuries treatment (Demonstrated by teacher).

- Minor treatment comprises of cuts, bruises, nose bleeding, and sprain.
- Students work in pairs.

Act 4: Each group choose a theme and deliver a short presentation/ slam in any language medium.
(Theme is represented by Flash cards.

- A Sprain ankle
- B Accidental fall
- C Cuts
- D Bleeding
- E Injury dressing

Resources & Materials

Cones, bandages, gloves, Ice pack, cotton cloth, gauzes, flash cards.

Develop interpersonal skills through role play and slam

Test you First Aid IQ

Nose Bleeding

Clean the wound with clear water

Cuts

Apply Ice wrapped in a cloth

Bruises / Sprain

Cool the area with water

Keywords to recall: Cuts, Bruise, Sprain, Gloves